

# Maintain Your Momentum

## Session Overview

This session will assist you in maintaining lifelong, permanent, healthy lifestyle changes.

## Objectives for Session

1. Review your progress
2. Prepare to maintain your momentum
3. Learn how to deal with boredom
4. Understand when you need to ask for help
5. Identify strategies to stay motivated

## Session Preparation

- Prepare the following:
  - ☐ Why I am going to MOVE!® worksheet
  - ☐ S11 Getting the Most out of MOVE!®
  - ☐ Progress review worksheet
  - ☐ Daily Food and Physical Activity Diary
  - ☐ B19 Dealing with Boredom
  - ☐ B06 Yes! You Can Keep That Weight Off!
  - ☐ M08 Keep Your Health
- Prepare to evoke as much information as possible from the group.
- As coach, your role is to facilitate discussion without lecturing.

## Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!® (5 minutes)
- Putting It All Together (10 minutes)

## **Check-in (5 minutes)**

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

## **Discussion Topics (40 minutes)**

### **Introduction**

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions since folks who attend more lose more weight.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, progress, and goals since the last class.
- Facilitate problem-solving for any barriers.

### **Discussion #1: Did I reach my goal?**

- Present certificates to participants who have completed the program. Consider having participants come up to shake the facilitator's hand. As each Veteran gets a certificate, ask why he/she joined MOVE!® and what changes the Veterans made since starting the program.
- After the certificates have been handed out, remind the group that it is beneficial to review progress regularly. Setting short-term goals is essential for successful weight management, but reviewing the overall goal can be a great motivator. Ask participants to look at their Why I am going to MOVE!® worksheet, completed during the first session. Discuss how they now feel about their overall goals for the program. Ask if they feel they obtained maximum benefit from MOVE! and refer to handout S11 Getting the Most out of MOVE!® as a reminder.
- Distribute the progress review worksheet. If possible, provide each Veteran with a graphic representation of their weight loss (which may be obtained via CPRS Vital Signs charts.) Ask participants to carefully review changes they have made to be more active and to make healthy food choices. Suggest that they complete the worksheet and to revisit it regularly. Consider providing Veterans with additional copies of this worksheet so they can use it as a self-management tool.

### **Discussion #2: How do I keep it going?**

- Ask the group to discuss ways to stay motivated using the headings listed in the box below. Take feedback on the flip chart and summarize.

### **Suggestions to keep motivation going:**

- Remember why you started the program.
  - Recognize your successes.
  - Keep signs of your progress visible.
  - Tackle your boredom.
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- Remind the group that tracking food and activity in the Daily Food and Physical Activity Diary or another electronic tracker is a powerful motivator and a great visible sign of progress. Daily tracking is linked with ongoing success.
  - Distribute handout B19 Dealing With Boredom and remind participants that they may have some dips in their motivation for weight loss or maintenance.

### **5-Minute MOVE!® (5 minutes)**

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises:

**Ask participants to join you, if they wish, in doing the following warm-up and strengthening exercise.**

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

**Then, after 2-3 minutes, invite them to perform the following:**

#### **ARM AND SIDE STRETCH:**

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 15-60 seconds. Repeat at least 4 times. Now, stretch the other side.



### **Discussion #3: What can I do to recharge my plan?**

- Ask participants to list one thing they have learned that will help them to maintain their weight loss effort after the group sessions. Make a list. Distribute MOVE! handout B06 Yes! You Can Keep That Weight Off! for further discussion.
- Suggestions to keep motivation going include:
  - Remember benefits achieved.
  - Keep track of calories, physical activity, and weight.
  - Consider adding variety to your diet or exercise plan.

- Manage stress.
- Set new goals.
- Create friendly competition.
- Use others to help you stay motivated.

#### **Discussion #4: How do I know when I need help?**

- Ask the group to make a plan for continuing self-management outside of the group setting.
- Things to consider:
  - Continue to record food intake and physical activity.
  - Check and record weight on a regular basis.
  - Figure out an amount of weight gain that prompts an action. (e.g., 5-lb. weight gain).
  - Specify the action plan to get back on the program.
  - Determine when to contact the MOVE!® team if self-management is not enough.

#### **Putting It All Together (10 minutes)**

##### **Session recap:**

- Summarize key discussion points.
- Since today is the last group session, ask Veterans to develop a plan about what to do next.
- Ask, “What was most helpful today? What could have been better?”

##### **What’s next?**

By the end of the group sessions, participants have formed a cohesive supportive unit and some may have concerns about “going it alone.” Reassure the group that this is a normal response. Explain that while the group sessions are at an end, the MOVE!® team is available to support them in self-managing their weight. Some facilities encourage Veterans to communicate with each other.

Some facilities may also offer an ongoing support group. Have information available for both in-person maintenance or peer support and free online support-type groups, such as MOVE!® or community-based programs.

This is also a good time to remind the group of the many skills they have acquired during the sessions, as well as the things they have learned.

Skills	Knowledge
<ul style="list-style-type: none"> <li>• Self-monitoring</li> <li>• Planning and preparing</li> <li>• Problem-solving</li> <li>• Goal setting</li> <li>• Record-keeping</li> <li>• Time management</li> <li>• Taking charge of what's around you</li> <li>• Managing slips and plateaus</li> <li>• Positive thinking</li> <li>• Staying motivated</li> </ul>	<ul style="list-style-type: none"> <li>• What's in your food</li> <li>• Healthy food choices</li> <li>• How to recognize fats</li> <li>• Types of physical activities</li> <li>• How to warm up and cool down</li> <li>• Understanding energy intake versus energy output</li> <li>• Understanding serving size</li> <li>• Understanding food labels</li> <li>• Knowing how hard to exercise and when to stop</li> </ul>

- Tell the group how far you think they have come and how proud you are (hopefully they are too) of their progress. Remind them that they have all the tools to be successful.
- Thank them for their continued attendance and participation, for sharing with each other and being open about difficult issues.
- Discuss how follow-up will be handled, specifying participant and clinician responsibilities. Refer to handout M08 Keep Your Health for some specific examples.
- Consider a novel approach to closing the group. For example, ask participants the following:  
*"If I bump into you a year from now and I ask you how your weight management is going, what would you like to say to me?"*

Allow the group to spontaneously respond to the question and then encourage those who have been quiet to comment.